

**THE EFFECT OF GIVING DATE JUICE AND OXYTOCIN MASSAGE ON
BREAST MILK PRODUCTION IN PUBLIC WOMEN IN
TALANG UBI HEALTH CENTER WORKING AREA
PALI DISTRICT**

Syerli anglia¹, Suparmi²

syerlianglia.students@aiska-university.ac.id¹, suparmi@aiska-university.ac.id²

¹Aisyiyah University, Surakarta

ABSTRACT

Background: The most important time to breastfeed is the first few days after giving birth. Dates contain the hormone oxytocin, which is produced by the neurohypophysis. The hormone oxytocin flows through the blood to the breasts and then helps stimulate contractions in the veins around the mother's breasts, thus encouraging the milk glands to produce breast milk. Oxytocin massage is a massage of the spine at the 5-6th rib to the scapula which will speed up the work of the nerves. Parasympathetic stimulates the posterior pituitary to secrete breast milk. **Objective:** This To Determine the Effect of Date Juice Consumption and Oxytocin Massage on Breast Milk Production in Postpartum Mothers in the Working Area of the Talang Ubi Health Center, PALI Regency.. **Method:** This research uses a Quasi Experiment type of research with Pre test - Post Test Control Group Design with a non-probability sampling technique using a total sampling technique, 15 people for the control group and 15 people for the Experimental group. The research instruments used were breast pumps and observation sheets. Bivariate analysis in this study used the Mann Whitney test. **Results:** There was an increase in the amount of breast milk production after administering 15mlx2 during 7day of date palm juice and oxytocin massage with a $p\text{-value}=0.000<0.05$. **Conclusion:** There is an influence of date juice consumption and oxytocin massage on breast milk production in postpartum mothers in the working area of the Talang Ubi Health Center, PALI Regency.

Keywords: Date Juice, Oxytocin Massage, Breast Milk, Postpartum Mothers